



Ibiro Bishinzwe Kurwanya Indwara Zandura

Inyandiko Igenewe Umurwayi (AVS) nyuma yo Guhabwa Urukingo rwa COVID-19 ku Ivuriro

ndetse n'Amabwiriza Arebana n'Imyitwarire y'Uwakingiwe

23 Gashyantare, 2021

Urakoze kwakira uruwingo rwa COVID-19 no kugira uruhare mu kwirinda, kurinda umuryango wawe, ndetse n'umuryango mugari icyorezo cya COVID-19.

Tegereza iminota 15 uri ku ivuriro nyuma yo kubona uruwingo mu gihe waba ugaragaje ingaruka z'ako kanya zitewe n'uruwingo. Niba waba warigeze ugira ikibazo cyo kwivumbura k'umubiri uko ariko kose amasaha menshi (4) nyuma yo guhabwa urundi rukingo cyangwa se watewe umuti mu rushinge, cyangwa se niba mbere waba warigeze ugira ukwivumbura gukomeye k'umubiri (nko kwivumbura gukomeye k'ubuzima) ku kintu runaka mu gihe cyashize, ugomba gutegereza ugakurikiranwa mu minota 30 nyuma yo guhabwa uruwingo. Ukwivumbura gukomeye k'umubiri ntigusanzwe, ariko turasabwa kwitonda cyane. Ushobora gukoresha icyo gihe usoma ibi ndetse n'izindi mpapuro twaguhaye.

Ushobora kuzajya ugaragaza ibimenyetso nyuma yo gukingirwa; ibi bisobanura ko uruwingo rurimo gukora neza ndetse n'umubiri wawe urimo kuzamura ubwirinzi ku cyorezo cya COVID-19. Ibimenyetso bikunze kugaragara ni ukubabara, gutukura, no kubyimba ahantu uruwingo barutereye, ndetse hari n'ababyimbirwa bakababara ku rutugu aho bateye urushingine. Abantu bashobora kugira ibimenyetso rusange nko kubabara umutwe, kumva bafite umunaniro, kubabara mu mikaya cyangwa se aho ingingo zihurira, kumva urwaye utabasha kweguka, ndetse no kugira umuriro no gukonja. Akensi ibi bimenyetso biba byoroheje, bitangira hagati y'umunsi umwe kugeza kuri ibiri nyuma yo guhabwa uruwingo, nyuma bikongera bikijyana bidatinze. Ushobora gukoresha umuti wa acetaminophen cyangwa se ibuprofen (imiti nka Tylenol, cyangwa se Advil cyangwa se Motrin) mu rwego rwo kugufasha kumererwa neza cyane niba ugize kimwe muri ibi bimenyetso. Ugomba kandi kwiyandikisha mu Kigo Gishinzwe Kurwanya Ibyorezo (CDC) ukoresheje uburyo bw'ikoranabuhanga bwa "v-safe" kuri telephone igezweho kugira ngo ubamenyeshe niba hari ingaruka wagaragaje nyuma yo guhabwa uruwingo rwa COVID-19 (ugomba kwakira amabwiriza atandukanye y'uko wakwiyanidikisha). Ibi ni ingenzi cyane mu rwego rwo gukurikirana ingaruka zagaragaye ku bantu bafashe izi nkingo nshya.

Niba ufite ibimenyetso bikomeye, byarenze hagati y'iminsi 2-3, cyangwa se ugakomeza kumererwa nabi cyane, ugomba guhamagara muganga wawe w'ibanze kugira ngo witabweho, ndetse kandi ushobora gukenera gupimwa COVID-19. Uruwingo rwa COVID-19 ntirushobora kukwanda COVID-19, ariko ushobora kuba warayanduye mbere, cyangwa se vuba nyuma yo gukingirwa mbere yuko uruwingo rukora. Niba udfite muganga wawe w'ibanze, jya ku ishami rishinzwe ubuvazi bwihutirwa, ikigo cyita ku buvazi bwihutirwa, cyangwa se ku ivuriro rikwegereye (Nyabuneka hamagara mbere).

Kwivumbura gukomeye k'umubiri ntigukunze kubaho, ariko bishobora kubaho igahe wafashe uruwingo urwo arirwo rwose, ndetse yewe mu masaha make nyuma yuko uruwingo rutanzwe. Bityo niba ufite ibimenyetso bikomeye (nko kubabara mu gatuza, guhumeka bigoranye, kubyimba mu maso cyangwa se mu muhogo, gfuruta cyangwa se kubyimba

ku ruhu, kudatekereza neza, cyangwa se ikindi kimenyetso icyo aricyo cyose kijyanye nabyo) ugomba kwitabwaho ako kanya cyangwa ugahamagara kuri 9-1-1.

Uzakenera guhabwa doze ya kabiri y'urukingo rumwe n'urwo wahawe uyu munsi kugira ngo wizere ko wakingiwe COVID-19. Niba wiyandikishije ku rubuga rw'Ikigo Gishinzwe Gucunga Inkingo, cyangwa se wariyandikishije mu Kigo Gishinzwe Kurwanya Ibyorezo (CDC) ku buryo bw'ikoranabuhanga bwa "v-safe" unyuze kuri telephone igezweho, uzabona ubutumwa bukwibutsa gupanga igihe uzafatiraho doze ya kabiri. Tuguhaye kandi "Ifishi Ikubiye Amakuru y'Urulingo rwa COVID-19" igufasha kwibuka igihe uzakenera guhabwa doze ya kabiri. Nyabuneka shyira akamenyetso ku ngengabihe yawe bityo utazibagirwa gufata doze ya kabiri!

Urakoze nanone kugira uruhare mu guhagarika ikwirakwira rya COVID-19. Niba ufite ikibazo icyo aricyo cyose kigendanye n'urukingo, cyangwa se ugahura n'ingaruka izo arizo zose, nyabuneka vugana na muganga wawe. Ayandi makuru ajyanye n'urukingo ndetse na COVID-19 araboneka ku rubuga rwacu: www.nh.gov/covid19.